

# Honoring Past Heroes

Buckley commemorates  
past, present African-  
American ‘trailblazers’ in  
the military.



*-Page 3*

Photo by Staff Sgt. Arian Nead

Wrapping up the inspection with a sigh of relief



*The Air Force Space Command  
Inspector General team is gone,  
and the final results are in -- find  
out how the base faired and who  
was highlighted for their  
excellence*

*-Page 3*



## Endangered Species?

*Air Force officials  
release notice of  
shortage on BDUs in  
military clothing sales  
stores worldwide.*

*-Page 6*

***Buckley Viewpoint:*** Start getting fit for all the right reasons



# Buckley Viewpoint

## Getting fit, staying fit is our patriotic duty

By 2nd Lt. James Simmons  
460th Contracting Squadron

By now, most Air Force members have read the Air Force Chief of Staff’s Sight Picture and various other articles regarding the Air Force’s new fitness standards for 2004 and beyond. Fitness, it would seem, has created as much of a buzz in the ranks as have any of the more worldly topics of discussion, and not without good reason.

Our health as members of the armed forces is of interest not only to ourselves, but also to our senior leadership, for a variety of reasons.

Namely, being healthy assures that we can show up to our jobs every day, alert and undistracted, ready to perform at the peak of our abilities.

However, being fit and healthy does not start, or end, with being able to do 60-or-70-some push-ups in a minute. While that is a worthy feat to achieve, it should not be the ultimate goal in your pursuit of physical fitness.

Being fit and healthy involves a concerted coordination of healthy eating, frequent exercise and proper rest.

Without going into great detail about my ideas on healthy eating, I will say that I believe a significant

percentage of military members are guilty of skipping regular meals. Missing meals leads to a feeling of hunger, which in-turn becomes distracting and can lead to headaches, lethargy, and crankiness.

But eating healthy just isn’t enough to stay fit.

As busy as our lives are with job demands, family commitments and other stressors, simply getting into the gym can be one of the biggest hurdles. We all have heard the excuses, “I don’t have time,” “I never have the energy,” and of course, “Buckley’s gym is too small and crowded.” Well, the solution to the first is deviously simple: Make

the time. Eating healthy and getting adequate exercise are not the only two things needed to stay fit to fight. The proper amount of rest is also key.

Now, everyone’s ideal amount of rest differs so get to know your own. Instead of squeezing in that one last load of laundry or studying just one more chapter in your Professional Fitness Examination handbook, know when to call it a day.

Get fit to feel better about yourself, you’ll be glad you did.



The *Mile High Guardian* is published by the Aurora Publishing Company, a private firm in no way connected with the Department of Defense, under written agreement with Buckley Air Force Base. This commercial enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Mile High Guardian* are not necessarily the official views of, nor endorsed by, the U.S. Government, Department of Defense, its components, or the Department of the Air Force. The appearance of advertising in this publication, including inserts and supplements,

does not constitute endorsement by the Department of Defense, its components, the Department of the Air Force or the Aurora Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital affiliation or any other non-merit factor of the purchase, use or patron.

Editorial content is edited, prepared and provided by or under the direction of the Public

Affairs Office at Buckley Air Force Base. All photographs are Air Force photographs unless otherwise indicated.

The *Mile High Guardian* welcomes unsolicited articles; however, we will not guarantee publication. The editorial staff, listed to the right, also reserves the right to edit the final appearance of articles in this publication. All submissions are edited for accuracy, brevity, clarity and military newspaper style in line with current journalistic standards.

To reach us, call 303-677-9431, fax at 303-677-6887 or email at [newspaper@buckley.af.mil](mailto:newspaper@buckley.af.mil).

**Buckley Editorial Staff**  
  
**Col. Allen Kirkman Jr.**  
*Commander*  
  
**John M. Spann**  
*Chief, Public Affairs*  
  
**Staff Sgt. Christine Castillo**  
*Editor*  
  
**Airman 1st Class Chris Smith**  
*Assistant Editor*

**Space History**  
*Feb. 28, 1959* - The Air Force launched the Discover I satelllite from Vandenberg Air Force Base, Calif. Launched into a polar orbit, the satellite could fly over all surface points of the Earth due to the Earth’s rotation.

# Trailblazing throughout the years

*Buckley recognizes past, present African-American pioneers in Air Force*

By Staff Sgt.  
Christine Castillo  
460th Public Affairs

A ‘Celebration of Pioneers in Aviation’ held Saturday at the Wings Over The Rockies Museum commemorated past and present African-American trailblazers in the military.

Honoring heros from the past, eight of the original Tuskegee Airmen were honored during the night’s event. On their service in the Army Air Corps, Col. Allen Kirkman Jr., 460th Air Base Wing commander said, “(The Tuskegee Airmen’s) calling was about faith — not just the kind that brings dreams to life — but the kind that brings life.”

To honor present ‘trailblazers,’ Brig. Gen. Toreaser A. Steele, Headquarters Army Air Force Exchange Service vice commander was the keynote speaker for the celebration.

According to the Air Force Personnel Center,



Photo by Staff Sgt. Arian Nead

**Members of the famed Tuskegee Airmen gather around a photo of the Tuskegee Airmen Statue at the Air Force Academy after the celebration Saturday night at the Wings Over The Rockies Museum.**

there are 43 female African-American officers who are ranked colonel and above. Of that, only two African-American female officers are above the rank of colonel. Being one of the two African-American female Air Force generals, General Steele can speak volumes about being a present-day trailblazer.

According to General Steele, she credits her success in the Air Force to the Tuskegee Airmen, for paving the way for the future African-American Air Force leaders.

“Without the Tuskegee Airmen, we would not have achieved the level of integration in the Air Force. You did it in order to

defend this great nation,” said General Steele.

The Tuskegee Airmen in attendance included: William A. Walters, John W. Mosely, James H. Harvey, Clarence L. Shivers, Fitsroy “Buck” Numsum, Samuel C. Hunter, Julius D. Mayson and James Brown.

## Who Are They?

On July 19, 1941, the Army Air Corps began a program in Alabama to train black Americans as military pilots.

The first classes of Tuskegee Airmen were trained to be fighter pilots for the famous 99th Fighter Squadron, slated for combat duty in North Africa. Additional pilots were assigned to the 332nd Fighter Group which flew combat along with the 99th Squadron from bases in Italy.

By the end of the war, 992 men had graduated from pilot training at Tuskegee, 450 of whom were sent overseas for combat assignment. During the same period, approximately 150 lost their lives while in training or on combat flights. (Courtesy of [www.wpafb.af.mil](http://www.wpafb.af.mil))

# Command inspection over with *satisfactory* results

By Mr. John M. Spann  
460th Public Affairs

With a satisfactory rating for both the Operational Readiness Inspection (ORI) and Expeditionary Readiness Inspection (ERI), the Air Force Space Command Inspector General inspection of the 460th Air Base Wing at Buckley is over.

In addition to the ORI/ERI inspection the wing received a Critical Compliance Inspection.

During the ORI, the 460 ABW was confronted with a continuous series of extremely challenging emergency and security exercises to include a simulated terrorist attack on a dormitory. In addition, the wing was simultaneously tasked with a short-notice Air Expeditionary Force deployment for the ERI portion of the inspection.

Over 160 personnel, along with 16.4 short tons of cargo were tasked to respond, deploy, employ

forces, provide mission support and survive and operate in a forward deployed combat environment.

All wing units and staff agencies and the four common core compliance areas were found to be compliant. Special interest items inspected were found to be satisfactory.

At the conclusion of the IG outbrief, Col. Allen Kirkman, Jr., 460th Air Base Wing commander spoke to the wing.

“We are better than a satisfactory. It is only a grade, but like I said at our commander’s calls, we don’t prepare for the ORI/ERI. We prepare our people to go and fight our nation’s wars. We train to give them the right skills and knowledge to survive. In my opinion, we are outstanding!”

During the inspection the IG identified 22 star performers and 17 professional teams in the wing.

Professional Performers



Photo by Staff Sgt. Jessica Bruno

**Members of the 460th Medical Squadron celebrate as the results of the Operational Readiness Inspection are announced.**

included: Mr. David M. Cohen, 460 ABW; 2nd Lt. David M. Burrell, Senior Airman Robert T. Crame, and Ms. Tina M. Gilbert, 460th Comptroller Flight; Staff Sgt. Virginia L. Barrett, Airman Sabrina R. Lawrence, Airman Basic Eric P.

McComb and Mrs. Kari R. Kurlburt, 460th Mission Support Squadron; 1st Lt. Anthony P. Fontanetta, Staff Sgt. Warren D. Harris Jr., Airman 1st Class Peter B. Rockey, 460th Civil Engineer

-See ORI, Page 10



# Leaders call for re-energized suicide-prevention efforts

By G.W. Pomeroy  
Air Force Surgeon General  
Public Affairs

**WASHINGTON** — After 11 active-duty suicides since Jan. 1 and 14 during the final quarter of 2003, Air Force senior leaders are asking commanders and leaders across the service to assess and re-energize suicide prevention efforts at all levels.

The 2003 calendar-year suicide rate of 10.5 per 100,000 people was the lowest of all the military services and one-half the rate of a comparable civilian population of males between the ages of 20 and 50.

As of Feb. 24, the service’s suicide rate was 18.1.

In a letter sent to all major commands, the Air Force’s acting assistant vice chief of staff urges all airmen to continue pitching in to reduce the number of suicides.

“Suicide is not stopped by medical personnel in emergency rooms; it is stopped by addressing quality-of-life issues in the unit on a daily basis,” Lt. Gen. Richard E. Brown III wrote in the letter.

“The major components of the Air Force Suicide Prevention Program are active leadership involvement, an emphasis on community involvement and a focus on prevention throughout the life of airmen and their families, not just when they are suicidal,” General Brown wrote.

“Pay special attention to the

quality of your suicide-prevention briefings,” General Brown added.

The Air Force requires active-duty and civilian personnel to attend suicide-prevention briefings once during the 15-month air and space expeditionary force cycle.

In light of the recent suicides — none of which occurred during operations Enduring Freedom or Iraqi Freedom — General Brown urged commanders to “review how well we continue to implement the 11 initiatives that serve as the foundation of the Air Force Suicide Prevention Program.”

The 11 initiatives are outlined in Air Force Pamphlet 44-160, “Air Force Suicide Prevention Program: Description of Program Initiatives and Outcomes.” The 11 initiatives

are: build community awareness; leadership involvement; investigative interview policy; professional military education; epidemiological database; delivery of community preventive services; community education and training; critical incident stress management; integrated delivery system; limited patient-psychotherapist privilege; and unit risk-factor assessment.

Air Force leaders take a community approach in suicide prevention, encouraging every airman to take responsibility in reducing the number of suicides.

A key element of the program is to make a steady pipeline of suicide-prevention tools available

**-See Prevention, Page 14**



Photo by Staff Sgt. Christine Castillo

## Standing Proud

**Members of the Airmen Enlisted Professional Development Course stand in formation as the flag is raised during reveille. The Airmen EPDC course is a three-day course designed mostly for senior airmen in their first enlistment who have not made the decision to reenlist and who have not yet tested for staff sergeant. The course allows airmen to make an informed decision about their future.**

# Blotter Entries

**Emergency Response**

Location: Bldg. 1, Base Exchange  
The fire department notified the law enforcement desk that an engine responded to the base exchange for a possible gas leak. One patrol was dispatched. The fire chief stated that it was pressure being released from a valve and terminated the response.

**Emergency Response**

Location: Bldg. 1, Base Exchange  
The fire department notified the law enforcement desk that an engine responded to the base exchange for someone regurgitating in the men’s room. One patrol was dispatched. The man was treated on-scene by the fire department and transported by ambulance to a nearby medical facility.

**Fire Alarm**

Location: Bldg. 28, Dormitory  
The fire department notified the law enforcement desk that an engine responded to the dormitory for a fire alarm originating from the second floor of the south stairwell. Two patrols were dispatched for assistance. The fire chief stated the cause of the alarm was unknown and terminated the response.

**Fire Alarm**

Location: Bldg. 28, Dormitory  
The fire department notified the law enforcement desk that an engine responded to the dormitory for a fire alarm. One patrol was dispatched. The fire chief stated

the cause was a malfunction in the alarm panel and terminated the response.

**Unlocked Facility**

Location: Bldg. 1005  
While conducting a check of Bldg. 1005, security forces found the door on the east side of the building unsecure with no signs of forced entry. Two patrols were dispatched for assistance. Upon arrival of responding patrols, a cordon was established and security forces completed a walk-around of the facility. The law enforcement desk was unable to contact a building custodian due to lack of proper contact information for the affected facility. Security forces conducted a sweep with negative findings.

**Unlocked Facility**

Location: Bldg. 1301, Naval Reserve Center  
While conducting a check of Bldg. 1301, the Naval Reserve Center, security forces found the door on the east side of the building unsecure with no signs of forced entry. Two patrols were dispatched for assistance. Upon arrival of responding patrols, a cordon was established and security forces completed a walk-around of the facility. The law enforcement desk was unable to contact a building custodian, so security forces conducted a sweep with negative findings. Security forces successfully locked the unsecure

door.  
**Shoplifting**  
Location: Bldg. 1, Base Exchange  
A store detective at the base exchange notified the law enforcement desk that he had a military member in custody for shoplifting. One patrol was dispatched. Upon arrival at the base exchange, security forces viewed the security camera tape and observed the member buying alcohol products at the cash register without paying for one bottle which was underneath the cart. When the member attempted to depart the base exchange, the store detective determined there was probable cause to apprehend her. Two additional patrols were then dispatched for assistance. Security forces conducted a search of the member with negative findings. Security forces transported the member to the law enforcement desk where she was advised of her rights. The member acknowledged her rights, declined to make a statement and requested a lawyer. She was charged with Larceny of Government Property and released on her own recognizance.

**Vandalism**

Location: Buckley Annex Youth Center  
Buckley Annex Security notified the law enforcement desk of a bullet hole in the window at the Buckley Annex Youth Center. Security forces and an agent from the Office of Special Investigations

were dispatched. The Denver Police District Three dispatched one unit to take a report of vandalism. The alert photographer was dispatched to record damages.  
**Emergency Response**  
Location: Bldg. 401, Aerospace Data Facility  
The fire department notified the law enforcement desk that an engine responded to Bldg. 401 for a man complaining of chest pain. One patrol was dispatched. The man was treated on-scene by the fire department and transported by ambulance to a nearby medical facility.  
**Damage to Private Property**  
Location: DFAS at Lowry Compound  
A military member notified the law enforcement desk that he was contacted by DFAS security to report damage to private property. The gate guards at DFAS heard yelling from the parking lot. When on scene, guards made contact with a man and a woman, the two people involved. The woman relayed that the man cut her off while driving and was yelling at her. Security forces observed in the camera’s surveillance video the woman hitting the man’s car with a traffic cone. Security forces notified the Denver Police Department and responded to the scene. The woman was issued a citation for damage to private property from Denver PD.



# Air Force Space Command top enlisted discusses issues

**Maj. Dani Johnson**  
*Minot Air Force Base*  
*Public Affairs*

**PETERSON AIR FORCE BASE, Colo.** -- Developing the enlisted force starts at the top according to Air Force Space Command's top enlisted man during a visit to Minot Air Force Base Feb. 4 and 5.

Chief Master Sgt. Ronald Kriete said the Air Force created the officer force development program first and is now focusing on the enlisted force development.

"The first area we are addressing is chief master sergeant professional military education," said the 28-year veteran. "We have some chiefs that haven't attended any type of military training in 10 years since they were promoted."

The program is starting at the top and working down through the enlisted force, the chief explained. Another course developed is the command chief orientation and training course, which all new command chiefs will attend prior to taking the position.

"It is important that we educate our new command chiefs on their duties," said the former aircraft maintainer. "We developed a training guidebook, which can be used as a smart book for those new

to the [command chief] position." Chief Kriete added the eventual goal is to only have master sergeants attend the Senior Noncommissioned Officer Academy. That's why the focus is currently on developing education programs for the top two senior NCO ranks.

Meanwhile, enlisted professional development centers at Minot and across the Air Force will have a standardized focus, said the chief.

"What we found when we started looking at the PDCs in Air Force Space Command is that each base was teaching something different; there were no standards," explained the Selkirk, N.Y., native. "We took our findings to Chief Master Sergeant of the Air Force, Gerald Murray, and it was determined that we needed to set standards across the Air Force."

Another big change to the enlisted force is the creation of the special duty identifier for first sergeants. According to the chief, the Air Force was having a hard time filling first sergeant positions because career fields didn't want to lose their highly skilled enlisted

**A good supervisor or leader can say they are mentoring at all times because that is what the good ones do.**

**--Chief Master Sgt. Ronald Kriete**

managers. "As an SDI, career fields are more willing to release their senior NCOs to become first sergeants because they know after a tour that individual will be back as a more valuable member of their team," Chief Kriete said. "They [the career field] will have a senior NCO who is comfortable working with commanders and has been in a key leadership position."

At the same time, the Air Force uses mentoring to constantly develop its force and future leaders. Mentoring has gained more focus recently, and discussions have turned toward creating formalized mentoring programs.

"You cannot formalize mentoring; it is something you know you should be doing all day," explained the chief. "It has to be at the top of your list; it cannot be a checklist."

Mentoring is getting folks together and a lot of it is teambuilding, said Chief Kriete. "It never stops, and it is a two-way



Photo courtesy of AFSPC News Service

**Chief Master Sgt. Ronald Kriete**

street. Leaders have to be willing to accept feedback not only from their superiors but their subordinates also.

"Right now, mentoring is a buzzword," he said. "A good supervisor or leader can say they are mentoring at all times because that is what the good ones do."

Along with the changes in how the Air Force trains and develops its airmen, a new uniform is also in the works.

"We need the change. This [the  
-See *Issues*, Page 8

# Air Force, Army short on supply of battle dress uniforms

**DALLAS** — Backorders from the military supply system are affecting the availability of battle dress uniforms in military clothing sales stores.

Both Army and Air Force clothing stores are out of stock on selected sizes of the enhanced hot weather and temperate BDU coats and trousers.

The military supply system advised Army and Air Force Exchange Service officials that the "get-well date" for the temperate BDUs will be August.

"AAFES continues to be in constant communication with (the Defense Supply Center in Philadelphia)," said Dave Lumbley, military clothing divisional merchandise manager. "The information we received from DSCP indicates AAFES will be experiencing shortages on



Photo by Airman 1st Class Chris Smith

**Senior Master Sgt. Travis Johnson, 460th Security Forces Squadron, looks at a BDU shirt while shopping at clothing sales here. Right in front of him is a notice to customers about the shortage of BDUs.**

temperate BDUs through the end of summer 2004."

Representatives from DSCP said the current supply condition is because

of the need to produce many more desert BDUs than the woodland style as a result of the war in Iraq.

"The temperate trousers

are the item in the most critical position, and while DSCP does not expect (the situation to get better) until August, we will experience

a significant increase in deliveries starting in April," said Jim Kane, product manager for battle dress uniforms in DSCP's clothing and textile directorate. "We have recently released all backorders for enhanced hot weather coats and trousers. These assets should be reaching the stores soon, and DSCP expects to remain in sustained supply for the enhanced hot weather items."

The military supply system provides routine support for AAFES requirements. Recruits and units plus other higher-priority requirements such as recruit induction centers receive first priority.

AAFES officials are continually requesting updates on the backorder status, according to Mr. Lumbley.

# Buckley Happenings

## Family Support Center

### Dept. of Labor Career Services

Every Thursday afternoon, a Department of Labor Veteran Job Service representative will be assisting veterans and transitioning military personnel with job search and resume review at the family support center from 1:30 to 4 p.m. For more information or to schedule an appointment, call 303-677-6694.

### Resume Workshop

A resume workshop is scheduled for April 20 from 1-3:30 p.m. at Bldg. 606 in Room 113. The class is open to military personnel, their spouses and federal

employees.  
Register on the Buckley IDS webpage at [www.php-ids.com](http://www.php-ids.com)

## Services Division

Vail Resorts are now offering liberty passes for adults and children. These passes are an exclusive military offer for Keystone only unlimited, unrestricted passes for the rest of the season. The adult pass is \$99 and the children's pass is \$69. Military personnel and family members who purchase this pass will need to take the voucher from the information, tickets and tours office to the River Run Pass office (Keystone) with their military identification cards to redeem for a picture pass.

For more information contact Carolyn Gaddis in the ITT office at 303-677-6936 or 303-677-6853.

## Extras

### Buckley Thrift Shop

The Buckley Thrift Shop is scheduled to open March 6 from 9 a.m. to 1 p.m. Consignments will be taken that day from 9 to 11:30 a.m., summer items only.

Contact the thrift shop at 303-677-7467 on Tuesdays and Thursdays for more information.

### Buckley Firing Range

Military, civilians and DoD employees are reminded that the firing range is off-limits to unauthorized personnel. The range is operational

and trespassing is dangerous due to gunfire. The range is subject to daily use and is not open to the public. For more information, call the 460th Security Forces Squadron Combat Arms Section at 303-677-6317.

### Military Personnel Management Course

The Buckley Civilian Personnel Office is offering the Military Personnel Management Course to civilians who supervise military personnel. Training will be offered March 3-4. The training will cover recognition and decorations, military standards, benefits, entitlements, services, training, performance feedbacks, writing effective bullets and more.

For more information

call Mr. Phillip Pohanec at 303-677-6372.  
**USAF Supervisor's Course**  
The Buckley Civilian Personnel Office is offering the Air Force Supervisor's Course for first-line civilian supervisors. This training will cover basic management, leadership and supervisory skills. This course will be offered on March 9-11. Attendees will learn about goal setting, dealing with difficult people, understanding behaviors in the workplace, how to motivate and set performance expectations, interpersonal skills, managing conflict, creative problem solving, coping with stress, maintaining a safe working environment, leadership and more.  
For more information, call Mr. Phillip Pohanec at 303-677-6372.

## Team Buckley Awards

The Team Buckley Quarterly Awards ceremony is slated for March 5 at 8 a.m. at the Denver Airport Marriott. All nominees are to wear service dress or equivalent. All other attendees may wear the uniform of the day. Tickets are \$10 and sales end today. Contact your first sergeant for more information.

## Tax Center Open

The Buckley Tax Center, located in Bldg. 730, is now open to all military personnel. The primary focus at this time is active duty members and their spouses. For more information, contact Ms. Janet Russell at 303-677-6273.

# High Frontier Dining Facility Menu (Feb. 27 - March 4)

Dining hours

Breakfast: 5:30 a.m. - 8 a.m.; Lunch: 10:30 a.m. - 1 p.m.; Dinner: 5 p.m. - 7 p.m.; Midnight Meal: 11 p.m. - 1 a.m.

	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
LUNCH	Egg drop soup Pot roast Baked stuffed fish Roast loin of pork Oven brown potatoes Steamed rice Brown gravy Cauliflower combo Succotash Green beans with mushrooms	Creole soup Teriyaki chicken Veal parmesan Salmon cakes Filipino rice Parsley butter potatoes Mushroom gravy Fried cabbage Succotash Mixed vegetables	Cream of potato BBQ ham steak Turkey and noodles Beef ball stroganoff Boiled egg noodles Mashed potatoes Brown gravy Calico corn Spinach Lima beans	Tomato bouillon Herbed baked chicken Stuffed cabbage Southern fried catfish Mashed potatoes Black-eyed peas with rice Peas Sweet potatoes Chicken/turkey gravy Sweet potatoes Mixed vegetables	Italian garden soup Mexican baked chicken Swiss steak w/ tomato sauce Stuffed green pepper Baked macaroni and cheese Steamed rice Vegetable gravy Corn on the cob Spanish style beans Peas and carrots	Pepper pot soup Crispy baked chicken Cajun meatloaf Rib-eye steak Baked potatoes Mashed potatoes Brown gravy Broccoli French style peas Glazed carrots	Chicken rice soup Roast turkey Baked ham Rib roast Au gratin potatoes Steamed rice Cream gravy Cauliflower combo Peas Fried cabbage Chicken/turkey gravy Shrimp cocktail
DINNER	Egg drop soup Chili macaroni Cannelloni beef Southern fried chicken Cottage fried potatoes Mashed potatoes Chicken/turkey gravy Steamed squash Glazed carrots French style peas <b>Short Order:</b> Grilled Polish sausage Steak and cheese sub	Creole soup Country captain chicken Meatloaf Turkey a la King Steamed rice Mashed potatoes Mushroom gravy Harvard baked beans Mustard greens Okra/tomato gumbo <b>Short Order:</b> Sloppy BBQ beef Roast beef sub	Cream of potato soup Lemon herb chicken BBQ spareribs Stuffed pork chops Scalloped potatoes Steamed rice Brown gravy Cauliflower combo Mexican rice Tempura vegetables <b>Short Order:</b> Cheese fishwich Monte Cristo sandwich	Tomato bouillon Roast loin of pork Jaeger w/mushroom sauce Cornish hen Potato halves Orange rice Chicken/turkey gravy Simmered pinto beans Corn combo <b>Short Order:</b> Cannonball sandwich Italian pepper beef sandwich	Italian garden soup Lasagna Spaghetti w/meat sauce Sweet Italian sausage Mashed potatoes Vegetable gravy Broccoli polonaise Cauliflower Italian style baked beans <b>Short Order:</b> BBQ pork sandwich Burritos	Pepper pot soup Fish Almondine Stir fry chicken with broccoli Pork chops w/ mushroom gravy Rissole potatoes Rice pilaf Brown gravy Fried okra <b>Short Order:</b> Buffalo wings Hot Italian sausage sandwich	Cream of broccoli soup Ginger BBQ chicken Fried shrimp Seafood cocktail Spinach lasagna Orange rice Mashed potatoes Cream gravy Black-eyed peas Corn O'Brien <b>Short Order:</b> Cheese pizza Reuben sandwich



# Star Performer


<b>Name:</b> Ms. Lisa A. Raynor	customer service for vendors, resource advisors, financial analysts and other external and internal customers in a professional and timely manner.	experience was the day I raised my right hand and swore in as a United States government employee. My four years of service has been enjoyable.	
<b>Unit:</b> 460th Comptroller Flight			
<b>Time in Service:</b> Four years	<b>If you could change one thing about the Air Force, what would it be?</b> Right now, absolutely nothing. The Air Force is a great place to be right now and I'm just glad that I'm a part of it.	<b>Duties, responsibilities and accomplishments:</b> I receive, review and classify a variety of complex accounting documents and transactions, such as systems with extensive subdivision of accounts, frequent and varied adjustments to accounts and a number of different programs. I also maintain, control and reconcile accounting transactions and records for	
<b>Duty Title:</b> Accounting technician	<b>What has been your most memorable experience in the Air Force?</b> My most memorable	<b>One of Ms. Lisa Raynor's primary duties is to maintain accounting documents and transactions.</b> multiple accounts. I prepare reports and perform other miscellaneous technical tasks in support of accounting function(s). I also provide customer	

Photo by Airman 1st Class Chris Smith

<b>From <i>Issues</i>, Page 6</b> battle dress uniform] is not our uniform; we borrowed it from the Army," said the chief. "It is an expensive uniform, and the new uniform in development is a distinct uniform that costs less not only to purchase but to maintain." With all the changes in the Air	Force, AFSPC is celebrating a momentous achievement in 2004 -- 50 years of military involvement in space. "Reaching this occasion is like reaching 50 years of airpower," said Chief Kriete. "We cannot go anywhere today without our achievements in space."	Space was vital in accomplishing our missions during both operations Enduring Freedom and Iraqi Freedom, said the chief. "Without space involvement, unmanned aerial vehicles and many of our munitions would not have been created or been used," he explained. "Space is a part of our	life in and out of the military." "We take it for granted and it is going to grow," the chief added. "It used to be land, sea and air we focused on. Now it is land, sea, air and space. Space is vital to our nation."
--	--	---	--



# Buckley welcomes new chief to civilian personnel flight

By Airman 1st Class  
Chris Smith  
460th Public Affairs

At Buckley, we see new faces arrive just about every week in different units. One of those faces is the new chief of the 460th Civilian Personnel Flight here.

Mrs. Colleen Bonar took the reigns from Ms. Jennifer Roberts, former chief, on Dec. 28. Mrs. Bonar will be charged with planning, maintaining, directing and establishing civilian personnel programs for about 350 civilians here.

Her coverage of the civilian personnel programs will include resource



Photo by Airman 1st Class Chris Smith

**Mrs. Colleen Bonar, Buckley’s new civilian personnel flight chief’s last assignment was McChord Air Force Base, Wash.**

management, wage administration, employee relations, labor relations and affirmative

employment.  
Prior to joining Buckley’s team, Mrs. Bonar had 10 other personnel

assignments dating back to 1989. Her most recent job was as the chief of the Civilian Personnel Flight at McChord Air Force Base, Wash. There, she was responsible for the civilian personnel programs for about 1,000 civilian employees.

While at McChord, Mrs. Bonar initiated civilian work force shaping strategies to alert commanders and senior civilians of the forecasted loss of the civilian force.

During her tenure at Buckley, Mrs. Bonar has two main goals she would like to see accomplished.

“I want to educate and empower civilians with

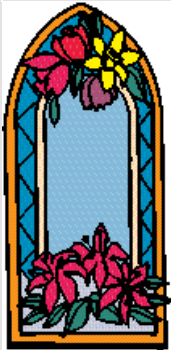
regard to automated tools,” she said. “Another goal is for the senior leadership here to increase civilian personnel flexibilities.”

Mrs. Bonar said one thing she’s facing is something new and exciting at Buckley that she hasn’t experienced before in her 15-year personnel career.

“It’s exciting because Buckley is still a growing and evolving base. I find that very interesting and I feel very fortunate to be here,” she said.

For information on civilian employment or personnel issues, contact the 460th Civilian Personnel Flight at 303-677-6191.

## Buckley Chapel Schedule



**Worship Services and Religious Education**

**Protestant**  
*Sunday:* Bible

study, 9.a.m.;  
Contemporary worship service, 10 a.m.

*Tuesday:* Aerospace Data Facility Bible study, 11:30 a.m. - 12:15 p.m., ADF conference room C.  
*Wednesday:* Singles dorm fellowship: 5 p.m., in the dormitory lobby.

**Catholic**  
*Saturday:* Confession,

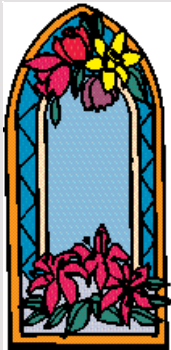
2:30 p.m.; Mass, 3 p.m.

**Other Faith Groups**

Please contact the base chapel at 303-677-6411 for information on local and regional faith groups.

**Special events**

*Fellowship luncheon:*  
Second Wednesday of each month, from 12 to 12:45 p.m for food, fellowship and a brief devotion in Mod. 1.



**ORI, From Page 3**  
Squadron; Tech. Sgt. Jennifer R. Fair, Tech. Sgt. Dennis H. Fair and Staff Sgt. Hamide O. Birbri, 460th Communications Squadron; Ms. Elizabeth A Bryant, 460th Contracting Squadron; Tech. Sgt. Troy A. Pettit and Airman Edwin M. Gutierrez, 460th Security Forces Squadron; Airman Kelly S. Cerri, 460th Services Division; Capt.s Shannon S. McDonald and Jerry E. Rector, Staff Sgt. Jack L. Buckner and Senior Airman Brandi L. Perryman, 460th Medical Squadron.

Professional Teams included: 460th Air Base Wing Plans and Antiterrorism Office; Accounting Liaison Office, 460th Comptroller Flight; Casualty Assistance Support Team, 460th Mission Support Squadron;

Beddown and Minimum Operating Strip Selection Team, Civil Engineer Nuclear, Biological, Chemical Cell, Utilities Team and Readiness Flight, 460th Civil Engineer Squadron; the Contingency Team, 460th Contracting Squadron; Personnel Security Section, Mobility Section, Security Forces Field Deployment Squad, Day Sierra 3, Feb. 15, Day Central Security Control Center on Feb. 16, 460th Security Forces Squadron; Bioenvironmental Engineering Emergency Response Team, Public Health and Immunization Station and the Field Exercise Medical Deployed Team, 460th Medical Squadron.

Members of the 460 ABW can see the final IG report at the wing’s intraweb site at <https://intraweb>.

*Because information is not enough...*


# THE AIR FORCE PORTAL

*It's Essential!*

- ☑ Reduce redundancy and aim for accuracy
- ☑ Find trusted info with ease
- ☑ Stay on top of the latest news
- ☑ Search across the AF enterprise
- ☑ Watch your productivity soar

Activate Your Account Today

<https://my.af.mil>





# HIPAA privacy rules safeguard spouse’s, children’s medical

Courtesy of TriWest Healthcare Alliance

Access to a spouse and/or child’s medical information can be very important. However, in strengthening the rules that protect individuals’ medical privacy, the Health Insurance Portability and Accountability Act (HIPAA) of 1996 requires that signed authorization be provided before a spouse or parent may view their immediate family members’ medical records.

HIPAA is a federal law, implemented in April 2003, which helps ensure the security and privacy of an individual’s protected health information (PHI). The law’s privacy rule is designed to protect patient health data while permitting the flow of information necessary to provide you or your loved ones with high-quality care.

Husbands and wives often contact TriWest to obtain information regarding a spouse’s claim and the explanation of benefits statement they have received in the mail. To protect your privacy, both the Privacy Act of 1974 and now HIPAA require that you furnish written, signed

authorization before TriWest can release claims information about you to your spouse or another designated individual.

In most cases, if you want your spouse (or parent) to have access to your health records, you must give written permission—on an Authorization to Disclose form—to your military treatment facility (MTF). You can do this by contacting the privacy officer at your MTF. He or she can walk you through the process and answer any questions you may have.

A properly completed and signed TriWest Authorization to Disclose form may be submitted to TriWest's Claims Department or to the appropriate TriWest claims processing subcontractor (WPS or PGBA) for processing. The Authorization to Disclose forms need not be sent to the TSC for processing. You can locate and print this form at [www.triwest.com](http://www.triwest.com) by accessing the Beneficiary portal, selecting "Learn More About the TRICARE Program" then "Your Privacy Rules and Regulations." Finally, select the "Authorization to Disclose Information" link.

A medical power of attorney is another means by which a spouse

may gain access to a beneficiary's PHI. If a medical power of attorney exists, you can send a copy of it to TriWest's claim processing subcontractor, who then makes an image of that legal document and cross-references it to the beneficiary. A medical power of attorney that authorizes access to medical records is as good as the Authorization to Disclose form.

Parents or legal guardians of a minor generally have the right to see their child’s medical records, but state laws that protect minors’ privacy rights can be more stringent than federal law. Exceptions to accessing a child’s medical records by a parent, custodial parent and/or legal guardian may apply for minors under age 18 in cases involving sensitive matters, like behavioral health, substance abuse, birth control, abortion and sexually transmitted diseases. This is also true when one of the following applies:

- ❑ A parent is not legally considered to be a child’s "personal representative" regarding his or her health information.
- ❑ State or other law does not require a parent’s consent before the minor can obtain a health care

- service.
- ❑ A court designates someone other than the parent to make treatment decisions.
  - ❑ The parent agrees that the minor and the provider may have a confidential relationship.
  - ❑ The treating physician suspects abuse or neglect or believes that releasing the information to the parent or guardian would endanger the child.

Note that HIPAA rules regarding the use of your protected health information will not affect your ability to receive prompt emergency care. The HIPAA Privacy Rule permits disclosure of an individual’s protected health information without authorization in emergency situations.

The new HIPAA privacy rules do change the process for obtaining medical information about your spouse or child. However, the new rules are in place to help ensure the security of your medical records. For more information visit TriWest’s web site at [www.triwest.com](http://www.triwest.com), the TRICARE Management Activity at [www.tricare.osd.mil](http://www.tricare.osd.mil) or the U. S. Department of Health & Human Services at [www.hhs.gov/ocr/hipaa](http://www.hhs.gov/ocr/hipaa).

# Servicemembers encouraged to invest in TSP

By Rudi Williams  
*American Forces Press Service*

**WASHINGTON** -- A money savvy servicemember serving in Iraq did not wait to get back home to buy a shiny new car with his \$30,000 reenlistment bonus. Instead, he invested all of it into the Thrift Savings Plan.

"Assuming a seven-percent rate of return, his \$30,000 is projected to be \$345,000 by the time he reaches age 60," said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. "If he continues to contribute to TSP throughout his career, he could have more than \$1 million saved by the time he retires."

A million dollars is not anything to sneeze at, but Colonel Fenton and other defense officials see a big problem concerning TSP: Not enough servicemembers are taking advantage of the program.

"We're trying to convince people that TSP is a good vehicle for savings," Colonel Fenton said. "The great thing about TSP is that it's tax-deferred in pretax dollar savings. So it comes out of your income, and you're not taxed on it until you use that money later, hopefully in your retirement."

Colonel Fenton said the plan is also "a good idea for people who

don't plan to make a career of the military, because they can take their TSP with them when they leave active duty."

Those who leave active duty before retirement could roll their TSP into a 401K plan of a new civilian employer, she said. It could be put into an IRA, or even left in TSP, but no more funds could be added to the account.

"It would just sit there and grow, tax-deferred," Colonel Fenton said. "I think most people would want to roll it over into some other vehicle that they could continue to contribute to."

More than 220,000 servicemembers signed up for TSP in 2002, the first year the savings plan was opened to military personnel. That figure jumped to more than 390,000 at the end of the open season which ended in December.

That is a healthy increase, but defense officials would like to see thousands more servicemembers use TSP as one of their savings plans for the future, Colonel Fenton said.

"At the end of 2003, the Navy had 32.2 percent of its active duty force enrolled in TSP," Colonel Fenton said. "That's significantly higher than the other services."

Thrift Investment Board statistics show that the Air Force is second with 21.2 percent participation. The Army has 15 percent. The Marine Corps has 20.2 percent. The Coast Guard has 19.2 percent.

Colonel Fenton said the other two uniformed services, the Public Health Service and the National Oceanic and Atmospheric Administration, also participate in TSP. The health service has 56.4-percent participation, and NOAA is at 68 percent.

Colonel Fenton thinks more sailors invest in TSP because the Navy does an excellent job of advertising the benefits of the plan.

"We'd like for the rest of the services to get information out to more and more servicemembers," she said. "Let them know that TSP is available, and ensure that they

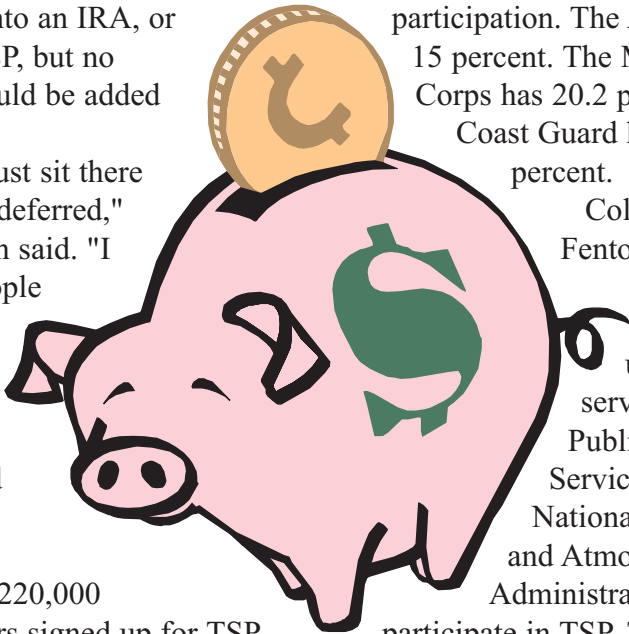
understand what it can do for them. At least (the services should) have the information available so they can make a choice.

"Servicemembers who leave active duty and join the National Guard or Reserve will still have TSP because they could invest in it whenever they're on active duty," Colonel Fenton said. "They could even contribute a percentage of their weekend active-duty pay."

"Once they contribute, they're putting in a percentage of their basic pay," Colonel Fenton said. "So every time they're being paid basic pay, some percentage, whatever they selected, which is up to nine percent, would go into their TSP."

The amount servicemembers are allowed to contribute and the percentage of pay they can invest increases annually. For example, through November, it was eight percent; beginning in December, the limit is nine percent. The annual total of tax-deferred contributions cannot exceed the Internal Revenue Code limit, which is \$12,000 for 2003 and \$13,000 for 2004.

Those who are contributing to TSP from their basic pay are allowed to contribute from one percent to 100 percent of any incentive or special pay, including bonus pay.





# Servicemembers can apply for expedited U.S. citizenship

By **Gerry J. Gilmore**  
*American Forces Press Service*

**WASHINGTON (AFPN) —** Foreign-born servicemembers can now speed up the process to obtain American citizenship.

The immediate eligibility for servicemembers to become a naturalized citizen is based on Executive Order 13269 signed by President Bush on July 3, 2002. Section 329 of U.S. Code 8 allows the president to authorize expedited citizenship during periods in which the United States is engaged in armed conflict with a hostile foreign force.

“For example, servicemembers

who have served honorably for any period of time beginning on or after Sept. 11, 2001, are eligible to apply for expedited U.S. citizenship,” Col. Michael Pachuta said. He is the director of the Department of Defense’s Morale, Welfare and Recreation policy office.

“The peacetime waiting period is shortened to one year of honorable service, thanks to the fiscal 2004 National Defense Authorization Act. Before the executive order, the peacetime waiting period was three years of honorable military service,” Colonel Pachuta said.

Beginning Oct. 1, the new law allows for U.S. citizenship

applications to be finalized at U.S. embassies, consulates and selected military installations overseas, to include citizenship interviews, testing and oaths of allegiance, he said. Also effective Oct. 1, the new law waives the \$310 citizenship application and fingerprint fee.

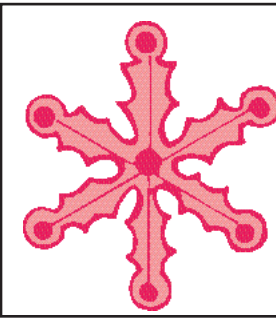
The new law also provides sped-up avenues for the non-U.S.-citizen spouses, children and parents of servicemembers who have died as a result of service in combat to obtain “immediate relative” alien status, Colonel Pachuta said.

He said the new citizenship application rules cover active-duty servicemembers and National

Guard and Reserve people who are classified as members of the Selected Reserve of the Ready Reserve.

Servicemembers who want to become naturalized U.S. citizens must apply for it, the colonel said. Soldiers and airmen seeking to become naturalized U.S. citizens under the expedited process can contact their military personnel offices, while sailors and Marines can contact their legal assistance offices for help, the colonel said.

The U.S. Citizenship and Immigration Services Web site provides forms, instructions and more helpful information about the naturalization process, he said.




**Buckley Snow Call/Straight Talk Line: 303-677-SNOW**

During inclement weather, this hotline is for information such as base closures or delayed reporting.

This line is also used for updates during crisis situations.

The hotline is updated by 4:30 a.m. on inclement weather days and whenever crisis situations arise.



# Volunteers needed for 2004 National Space Symposium

**Courtesy of AFSPC  
Public Affairs**

---

The 20th National Space Symposium, hosted by the Space Foundation, will be held March 29 – April 1, at the Broadmoor Hotel. The Space Symposium is the premier annual space forum and features top national and international space leaders addressing exciting and critical civil, commercial and national security space issues.

As in the past, the Space Foundation is requesting military space enthusiasts serving along the Colorado front range (Schriever,

Peterson, Cheyenne Mountain, Buckley and the Air Force Academy) to volunteer and help execute this year’s National Space Symposium. There are a wide variety of volunteer functions available during this four-day event, including media relations, escorting speakers and helping them with their presentations, staffing information booths, coordinating transportation and providing security services.

Serving as a space symposium volunteer is a unique opportunity to be part of this world-class event. More than 200 volunteers from the military supported last year’s

symposium. In addition to showcasing the caliber of men and women serving in America’s “Aerospace Force,” volunteers have unlimited access to exhibits, can attend speaker sessions and in many cases get to escort and associate with our nation’s space leaders.

To learn more about the National Space Symposium and how you can participate in the Volunteer Program, visit the Space Foundation’s Web Site at [www.spacesymposium.org/national04/volunteer/index.cfm](http://www.spacesymposium.org/national04/volunteer/index.cfm). This web site provides information on the various volunteer opportunities and

provides web site paths for obtaining information on events, speakers and exhibitors. You can also fill out an application to be a volunteer via the Space Foundation web site. Applications need to be completed no later than March 15. Be sure to get your supervisor or commander’s permission prior to volunteering. Additionally, you can contact Capt. Dave Kelley, Air Force Space Command National Space Symposium project officer, via e-mail ([david.kelley@peterson.af.mil](mailto:david.kelley@peterson.af.mil)) or call or 719-554-3836. See you at the Symposium!

---

**From *Prevention*, Page 4**  
for Air Force people at all levels.

So far in 2004, the Air Force Medical Service has issued the 2004 Leader’s Guide for Managing Personnel in Distress, which is geared to help commanders, first sergeants and other leaders recognize when their people are distressed and learn how to respond appropriately. It

helps commanders link their people to resources and get them help as soon as possible.

The guide presents information on 35 distressing situations, checklists detailing potential behaviors or signs reflective of a person’s reaction to the distressing event, and responses or resources leaders may want to use in

responding to a person’s needs. The guide was distributed on CD-ROM to every squadron commander and first sergeant in the Air Force.

The guide can be viewed on the dot-mil-restricted Air Force Suicide Prevention Program Web site, [www.afms.mil/afspp](http://www.afms.mil/afspp).

Other suicide-prevention tools include:  
— “The Air Force Guide

for Managing Suicidal Behavior: Strategies, Resources and Tools,” an 88-page clinical guide designed to assist mental-health professionals in assessing and managing high-risk behavior.  
— The Air Force Suicide Prevention Web site, which is geared toward improving access to suicide prevention information and materials.

— The 2003 Community Suicide Prevention Briefing, a new multimedia briefing that includes slides and video.  
— The 2003 Leadership Suicide Prevention Briefing, a new multimedia briefing involving slides and video. This is geared toward wing, group and squadron commanders.





# AFSVA announces winners of 2003 Air Force Club Membership scholarship

Courtesy of Air Force Services Agency

**San Antonio, Texas** — For the seventh consecutive year, Air Force club membership is helping members and their families combat the costs of higher education. Six individuals were recently selected to receive a combined total of \$25,000 in scholarship money given away in the Air Force Club Membership Scholarship Program. Scholarships are provided through a sponsorship agreement with Bank One, Coca-Cola and MasterCard. (No Federal Endorsement of Sponsor Intended.)

Club members and their families were given the opportunity to submit an essay on Air Force Clubs—Help Us Make “Members First.” Two essays were chosen by each participating base to compete for the six Air Force awards. The 2003 winners are:  
a. First Prize (\$6,000), family member of Staff Sgt. Keller Benningfield, RAF Lakenheath United Kingdom  
b. Second Prize (\$5,500), 2nd Lt. Matthew Schlueter, F. E. Warren Air Force Base, Wyo.  
c. Third Prize (\$4,500), family member of Toni Gallegos, Eglin Air Force Base, Fla.  
d. Fourth Prize (\$3,500), Capt Derek Salmi, Robins Air

Force Base, Ga.  
e. Fifth Prize (\$3,000), family member of Chief Master Sgt. Herbert Schlecht Jr .(Ret), Dover AFB, Del.  
f. Sixth Prize (\$2,500), Staff Sgt. Michael Saltzman, Robins AFB Ga.  
“We appreciate everyone’s participation in this great membership program. The competition was the closest ever,” said Frank Black, Jr, Air Force Services Agency’s Director of Clubs and Issues.  
“The Air Force Club Membership Scholarship Program is another demonstration that club membership pays.”

## Fit For Life

### Tip of the Month

Are you ready for your first fitness test? You want to make sure you prepare effectively to meet the requirements. Here are a few tips to help you get ready for the strength portion of the test.

#### Push ups

Keep your body in a straight line from head to toe throughout the assessment. Your hands and toes must remain on the floor at all times. Start in the up position with your feet no more than 12 inches apart and arms extended (do not lock your elbows), lower your body until your upper arms are parallel to the floor (elbow joint at least a 90-degree angle), return to the starting position, this completes one full push up.

#### Crunches

Start in the down position with your shoulder blades touching the floor. Your feet should be no more than 12 inches apart and your arms are crossed in front of your chest with your fingertips touching your collarbone. To complete a crunch, raise your torso off the floor/mat, touch your elbows to your knees or upper thigh at the top of the crunch, and then lower your torso until your shoulder blades touch the floor/mat.

#### Resting

Remember you may only rest in the up position during the push up and crunch strength assessments.  
For more information on the new fitness test contact the HAWC at 303-677-5699.

We're getting closer to the new Fitness and Health Complex grand opening, which is slated for April 5 at 10 a.m. Read the base newspaper for additional details.



Photo by Cliff Carroll

**Ms. Dinah Brownlow was the winner of a \$500 Gift Certificate for a two night’s stay at Keystone donated by Discovery Resorts.**

*No Federal Endorsement of Sponsors Intended*





# Who was St. Patrick?

Courtesy of  
460th Services Division

Although it’s not a national holiday in the United States, many communities across the country celebrate St. Patrick’s Day with parades, festivals and “wearing of the green.” In fact, St. Patrick’s Day parades are an American invention. The first parade honoring the day occurred in Boston in 1762. Over the years, parades and other celebrations on St. Patrick’s Day became a way for Irish immigrants to remember their roots. Who was St. Patrick, and what is the meaning behind some well-known St. Patrick’s Day legends?

While much of St. Patrick's life is clouded by legend, there are some generally agreed-upon facts. Most historians agree that he was born in Scotland or Wales around 370 A.D. and that his given name was Maewyn Succat. His parents, Calpornius and Conchessa, were Romans living in Britain.

As a teenager, Maewyn was kidnapped and sold into slavery in Ireland, where he worked as a shepherd. It was during that time he began to have religious visions and dreams. In one dream, he was shown a way to escape from Ireland by going to the coast and getting on a ship. After a perilous journey of hundreds of miles, he arrived at the coast and discovered a ship bound to Britain.

Back in Britain, Maewyn’s dreams

continued. In his spiritual autobiography, the *Confessio*, he told of a dream about a man named Victoricus, who came to him with letters from Ireland. In this vision, Maewyn writes:

...as I read the beginning of the letter I thought that at the same moment I heard their voice...and this they did cry with one mouth: ‘We ask thee, boy, come and walk among us once more.’

Although these visions moved him, Maewyn didn't feel himself worthy of returning to Ireland in his non-believer state. So, he journeyed to France where he entered a monastery and began studying for the priesthood. At this time he changed his name to Patrick (meaning “father of his people” in Latin).

It was only after finding his true spiritual self that Patrick felt he could answer the call to return to Ireland to “care and labor for the salvation of others.” He returned as a bishop around 432 A.D., traveled throughout Ireland spreading the word of God, and built churches and schools.

Patrick’s humility, engaging personality, and knowledge of the social structure in Ireland helped his mission succeed. Eventually he made his headquarters at Armagh (in present-day Northern Ireland). By the time of his death on March 17 between 461 and 490 A.D., Ireland was almost entirely Christian. St. Patrick is Ireland’s patron saint.

# A special treat

## Irish Soda Bread

### Ingredients

- 4 cups of flour
- 1 tablespoon of salt
- 3/4 teaspoon of baking soda
- 1/2 cups of raisins or dried currants (optional)
- 1 1/2- 2 cups of milk
- 2 teaspoons of white or cider vinegar

### Directions

1. Preheat the oven to 375F. Butter a baking sheet or cake pan
2. In a large bowl, mix together the flour, salt, baking powder and baking soda, then stir in raisins if desired. Add enough milk to make a soft, kneadable dough.
3. Turn out the dough onto a floured surface and knead it briefly. Shape it into a round loaf and place it on the baking sheet. Cut a cross in the top of the loaf with a single-edged razor blade or a very sharp floured knife
4. Bake for 35-40 minutes. Remove from the oven and cool on a rack.

This yields one loaf of bread



# Are you ready for some basketball?

The Denver Nuggets present Military Appreciation Night March 7 at 8 pm. See Rookie sensation Carmelo Anthony and the Denver Nuggets take on all-stars Jermaine O’Neal, Ron Artest and slam dunk contest winner Fred Jones of the Indiana Pacers. Tickets are available at the ITT office, Mod. 2. Tickets are only \$6 per seat. It won’t take long to sell out so don’t wait. Any questions please call Ms. Carolyn Gaddis at 303-677-6936 or 303-677-6853.

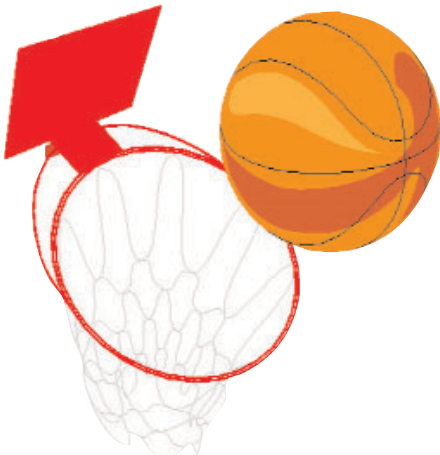


Photo by Bethanie Healey

The Services Division would like to give a special thank you to Gatorade, Life Fitness and First Command for Sponsoring our first WarFit of 2004.

No Federal Endorsement of Sponsors Intended





# Check Out these Great Prices for Lift Tickets

Resort	Ticket	Price
Winter Park	Adult	\$39.50
	Child 6-13	\$21.00
	Adult Beginner Lift/Lesson	\$60.50
	Adult Int/Adv Lift/Lesson	\$70.50
Copper Mountain	Adult	\$31.75
	Child 6-13	\$16.75
Monarch	Adult	\$29.50
	Child 7-12	\$12.50
Ski Cooper	Adult	\$27.50
	Child	\$14.50
	Lift/ 2 Hr Lesson	\$45.50
Keystone/Breckenridge	Adult Weekday	\$41.50
	Adult Weekend	\$45.50
	Child 5-12	\$21.50
Keystone Special (See the following page for more details)	Adult Liberty Pass (Active Duty Only)	\$99.00
	Child Liberty Pass (Active Duty Only)	\$69.00
Vail/Beaver Creek	Adult Weekday	\$55.50
	Adult Weekend	\$59.50
	Child 5-12	\$29.50
Arapahoe Basin	Adult 1 Day	\$41.50
	Adult 2 Day	\$56.50
	Child 1 Day (6-14)	\$15.50
Loveland	Adult	\$39.00
	Child	\$19.00
Steamboat	Adult 1 Day	\$54.00
	Adult 2 Day	\$99.00
	Adult 3 Day	\$146.00
	Adult 4 Day	\$193.00
	Child	\$35.00

**All Rates are Subject to Change**

**Please call Ms. Carolyn Gaddis for more information at 303-677-6853**



# Keeping You Posted...

**Child Development Center - Bldg. 725**  
**Monday-Friday 6:30 a.m. - 5:30 p.m.**  
**Saturday, Sunday and Holidays: Closed**

**Drop-in Care**

The child development center (CDC) has daily openings for drop-in care on a space available basis. Parents can call the CDC by 8 a.m. each morning to request same-day care. Use from one to nine hours of care to go to appointments, attend meetings, run errands or simply step out for a day of fun. For more information, please call Aurora at 303-677-6175.

**Outdoor Recreation - Bldg. T-12 (Mod. 2)**  
**Monday - Friday 9 a.m. - 5 p.m.**  
**Saturday, Sunday and Holidays: Closed**

**Trip Opportunities**

The outdoor recreation staff offers custom-made trip packages for groups. If you have a group interested in visiting the mountains, a local attraction or any other activity, let outdoor recreation help with the transportation - call today!

**Volunteer Opportunities**

Outdoor recreation is looking for volunteers to help with several programs. This gives individuals the chance to participate in their favorite activities while sharing their knowledge and experience with others. If this sounds like something you might be interested in, let us know!

**Ski Rental Program**

Ready for some action on the slopes? Buckley’s Outdoor Recreation has what you need to hit the slopes hard this winter. Stop by and see our stock of skis and snowboards for all ages and sizes. Skis are \$12 per day and snowboards are \$18 per day. For more information, contact outdoor recreation.

For more information on outdoor recreational activities and equipment rentals, call 303-677-9609 or 303-677-6101.

**Fitness Center - Bldg. 30**  
**Monday - Friday: 5 a.m. - 9 p.m.**  
**Saturday and Holidays: 8 a.m. - 4 p.m.**  
**Sunday: Closed**

For information on any activities or programs, please call the fitness center at 303-677-6144 or 303-677-6679.

**Community Activities Center - Bldg. T-12 (Mod 2)**  
**Monday - Friday 8a.m. - 5p.m.**  
**Saturdays, Sundays, Holidays: Closed**

For information on any activities or programs, please call the

community activity center at 303-677-6936 or 303-677-6853.

**ITT - Bldg. T-12 (Mod 2)**  
**Monday: 7:30 a.m. - 4:30 p.m.**  
**Tuesday - Friday: 7:30 a.m. - 5 p.m.**  
**Saturdays, Sundays and Holidays: Closed**

**Liberty Passes**

Vail Resorts now offers Liberty Passes for adults and children. These passes are an exclusive military offer for Keystone only; the passes are unlimited and unrestricted for the rest of the season. The adult pass is \$99 and the child pass is \$69 (ages 5-12). Military personnel and family members who purchase these passes will need to pick up the voucher from the ITT office and exchange it at the River Run Pass office (Keystone) with their military ID and redeem for a picture pass. For more information, contact Ms. Carolyn Gaddis in the ITT office at 303-677-6853.

**Human Resources - Bldg. T-12 (Mod 2)**  
**Monday - Friday 7:30 a.m. - 4 p.m.**  
**Saturdays, Sundays, & Holidays - Closed**

The non-appropriated fund (NAF) human resource office (HRO) is located in Bldg. T-12 (Mod. 2) and is currently taking applications for NAF position vacancies. The NAF HRO maintains these applications in an applicant supply file (ASF) for 90 days. Applications will be accepted for vacant and non-vacant positions. To hear the latest job listings, call the Job Line at 303-677-6278. For more information, contact NAF HRO at 303-677-6775.

**Heart Link**

Spouses are invited to an exciting, fun-filled day of touring the base with an opportunity to be personally briefed by key base organizations. The next Heart Link begins April 22 at 8 a.m. The day will start at Bldg. 606 in the wing conference room. Register online at [www.php-ids.com](http://www.php-ids.com) or call 303-677-6726.

**ICE- Interactive Customer Evaluation**

Let the 460th Services Division know what you think. Log onto <http://ice.disa.mil>, click on “Air Force Conus,” click on “Buckley AFB.” This gives our patrons the perfect avenue to ask questions and offer suggestions on how we can best meet your needs. Take a moment to assure your voice is heard.

**Buckley AFB Mixed Martial Arts Club**

Whether you already know a martial art style or are just starting out, you are welcomed to join the Buckley AFB Mixed Martial Arts Club. Training Sessions will include Judo, Brazilian Jiu-Jitsu, wrestling, kickboxing and more. For more information contact 2nd Lt. David Garrett at 303-677-6946.



The 460th Services Division would like to thank the following companies for their outstanding support during SnoFest 2004: IITC, Veterans Real Estate & Home Loans Inc., DoubleTree Hotel at I-225 & Iliff Ave., Stonebridge Companies and Breeze Ski Rentals/Max SnoBoard Rentals.

*No Federal Endorsement of Sponsors Intended*



# Crossword -- Hometown USAF (Vol. 4)

ACROSS

- 1. Hawaii AFB home to 15th ABW
- 4. Texas AFB home to 47th FTW; a/c tail marking of XL
- 8. Minnesota state bird
- 11. Florida AFB home to 325th FW; a/c tail marking of TY
- 14. Security clearance (abbrev.)
- 15. Chemistry work stations
- 16. Shoe size
- 17. Near the ground
- 19. Amphibian
- 21. Neither’s partner
- 22. Spain AB home to 496<sup>th</sup> ABS
- 24. Ford and Fonda
- 25. Ooze
- 27. Bother
- 29. Guardian of Giza
- 30. Bother
- 32. Apes
- 35. Animal ’down under’ (slang)
- 36. Washington AFB home to 336th TG; a/c tail marking of FC
- 41. Oklahoma AFB home to 552nd ACW; a/c tail marking of OK
- 44. \_\_\_\_ Paulo, Brazil
- 45. Tail marking for 28<sup>th</sup> BW aircraft
- 46. Base person responsible for deployments (abbrev.)
- 47. Barbie’s pal
- 49. Unknown (abbrev.)
- 50. Massachusetts AFB home to ESC
- 53. Harsh sleeping noise
- 55. Between meals item
- 56. Symbol
- 57. Driving offense (abbrev.)
- 58. Military pay stub
- 59. Military person on-call (abbrev.)

DOWN

- 1. Utah AFB home to 388th FW; a/c tail marking of HL
- 2. Korea AB home to 8<sup>th</sup> FW; a/c tail marking of WP
- 3. Roll
- 5. Guam AB home to 36<sup>th</sup> ABW/13th AF
- 6. New Mexico AFB home to 49th FW; a/c tail marking of HO
- 7. Navy equivalent to AFB
- 9. Statement given during enlistment/commissioning
- 10. Woodwinds
- 12. Japense monies
- 13. Later revival
- 14. Even number
- 18. Mining goal
- 20. Put clothes on
- 22. State home to 127th WG at Selfridge ANGB
- 23. Government org. controlling satellites
- 26. 70 in olden days
- 27. Elvis song “\_\_\_\_ Las Vegas”
- 28. New Mexico AFB home to 150th FW; a/c tail marking of NM
- 31. AF Auxiliary Field in Arizona
- 33. Former Kenyan president Daniel \_\_\_\_
- 34. Age
- 36. Edith Wharton novel *Ethan* \_\_\_\_\_
- 37. Annoy
- 38. New Mexico AFB home to 27th FW; a/c tail marking of CC
- 39. France AB home to 16<sup>th</sup> EOG
- 40. U.S. military forces headquarters (abbrev.)
- 42. Indented part of a bottle
- 43. Tokyo formerly
- 45. Questions?
- 48. Founding of a company (abbrev.)
- 51. Arizona school in Flagstaff (abbrev.)
- 52. Movie genre \_\_\_\_-Fi
- 54. Tail marking for a/c assigned to 138th FW

1			2		3		4	5			6			7
8	9	10			11	12	13						14	
15						16					17	18		
	19			20		21				22				23
	24							25	26					
							27							
	28			29							30		31	
32		33	34											
	35					36		37		38		39		40
	41			42	43							44		
45				46				47	48			49		
50		51	52					53		54				
55								56						
	57				58							59		

By 1st Lt. Tony Wickman

Solutions to last issue’s puzzle...

W	A	S	H	I	N	G	T	O	N		P	O	L	K
A	L	L			A	A	R	P				D	I	S
	L	E	T		P	L	E	A	T	S		D	N	A
P	I	E	R	C	E			A				C		
	E	P	E	E		J	E	F	F	E	R	S	O	N
E	D	S	E	L		A	B	E	T		O	S	L	O
					L	C	O	T		D	O	N	N	E
B	U	S	H			K	N	I	V	E	S			L
U	R	K	E	L		S	I	D		S	E	M	I	
C	I	I	I		P	O	T			I	V	E		C
H		M	R	E		N	E	O	N		E	L	L	A
A									I		L	E	E	R
N	A	S	A		R	E	L	A	X		T	E	S	T
A	D	A	M	S		T	A	C	O					E
N	A	O	C		E	I	S	E	N	H	O	W	E	R